

Gas and Electric Cooking School Held at Eoff's Store

COOK EXPERT AIDS HOUSEWIFE

COOKING SCHOOL
Time: April 18 and 19.
Hour: 2 o'clock to 4 o'clock. Instructor: Mrs. Langworthy. Open to the public. All ladies of Salem and vicinity invited to attend.

This is the big week for Salem housewives—the most interesting event being the three day cooking school which is being sponsored by the Eoff Electric Co.

All sorts of interesting ideas in anything which concerns the kitchens are to be offered. Mrs. Langworthy is an expert cook and housewives should benefit much by what she has to say.

Oven meals will be one of the methods of cooking featured by the demonstrator. In an interview she stated: "Oven meals may be of the long-time type which requires several hours of cooking, or they may be the more popular short-time meal, which is ready to serve an hour after it goes into the oven."

"The heat control which regulates the temperature of the oven makes it possible to place an entire menu, including dessert, in the oven and leave it to work out its own destiny. Returning several hours later the food will be cooked and ready to serve."

"The best results are obtained by placing the food in a hot oven. However, in emergencies, the food may be placed in a cold oven, providing it is not a meat using meat. In this case, searing is always necessary. Using a cold oven, more time is required."

"Some forethought and care should be expended in planning the combinations suitable for the length of time the meal is to remain in the oven, as some foods are better for short periods and others for longer periods."

Fill Oven to Capacity
Is Expert's Advice

"It is wise and economical to fill the oven to capacity, if possible. Dried fruits, puddings and vegetables may be cooked for a future meal if the menu prepared does not require the entire oven space. Considerable space may be saved if necessary by using flat top covers to cook thus making it possible to place one food on top of the other. If the oven is crowded unusually full, the temperature given may have to be raised slightly to obtain results in the length of time given in the directions."

"The oven heat regulator has brought about a more frequent use of the oven. Possibly because of this fact the question is often asked, 'Is it more economical to fill

MARCONI'S LATEST MARVEL



The Marchese Marconi, inventor of wireless, after he successfully accomplished the greatest experiment so far in the transmission of wireless energy. In his yacht *Electra* he operated a switch which in turn operated a switch in Sydney, Australia, some 10,000 miles away.

the oven to capacity than to bake only one or two things at a time. Some years ago it would have been difficult to have answered this question, because it is impossible to control manually the amount of fuel accurately, which comes into the oven when it is done by guessing.

Time Saving Also Under Consideration

"Not only is it more economical to prepare a whole meal in a heat-controlled oven at one time, but it is likewise a saving of time. The meal does not have to be watched during cooking. It can be cooked at a relatively low temperature for a long period of time. In this way, with no thought of food while it cooks, one may be absent from the kitchen for considerable time. Higher temperature for shorter periods of time may also be used for whole meal preparation."

"In these days of hustle and bustle, everyone appreciates to the utmost the leisure time they can snatch from the busy day's duties. The housewife who has a heat-controlled oven can add many hours to her leisure time. Her cooking results will be better and much more certain. She can even leave the house for oven servant cooks her entire meal."

Miss Langworthy will demonstrate this system of cooking in her three afternoons at Salem, and will be glad to answer any questions. She also intends to give out recipes of "unusual dishes" to anyone who would like to have them.

The information she has given

only cook one whole meal in the oven at one time, but also use the extra room, if any remains, to prepare fruit fruits, etc., to be used for breakfast or lunch the next day. We will certainly have to admit that this method not only saves us lots of time, but also saves off a considerable portion of our gas bill.

This and many other things will be discussed and demonstrated at these interesting events so don't fail to attend at least one of them, but if you can attend them all, you will be sure to find each one of interest and assistance.

Special Session Slated For Vote On Milk Statute

Consideration of the proposed new milk ordinance for the city will be taken up at a special meeting of the health committee of the city council to be held at the city hall at 8 o'clock tonight. The meeting has been called especially to give the townspeople who are interested in the bill to come out and present their views to the committee.

Members of the committee are Ellis Purvine, chairman, who will not be able to be present; Dr. O. A. Olson and Chris Kowitz.

MASONIC BODY ENDS MEETING

Next Annual Session Will Be Held in Portland; Officers Filled

CORVALLIS, Ore., April 17—(AP)—Portland will be the meeting place next year for York Rite bodies of Oregon Masonry which concluded a four-day session here this afternoon. The Knights Templar, who held their 44th annual assembly of grand commandery yesterday and today, joined with Royal Arch Masons and the grand council of Royal and Select Masters in choosing Portland for next year's convention.

Appointive offices in the Knights Templar were filled today by the new grand commander, Wilson E. Brock of Pendleton just prior to the installation of officers, which was one of the final items of business.

Donald G. Meyers of La Grande was appointed grand warden and J. Alton Thompson, Bend, was made grand captain of the guard by Grand Commander Brock. Senator George W. Dunn of Ash-

ARGUMENTS ENDED DISBARMENT CASE

With Attorney A. E. Reames of Medford, who made the last argument in the Thomas Mannix disbarment case before the supreme court Thursday, asking that Mannix be permanently disbarred, the case was concluded and went into the hands of the supreme court for decision.

Census Count Is Now Nearing Its Completion

Count of the census as taken on April 14 shows a falling off from the previous days' reports, indicating that enumerators are beginning to wind up the work. On that day, 3,393 names were turned in, 1,419 being from Marion county; 485 from Polk; 617 from Tillamook; and 872 from Yamhill. From Salem alone 972 names were counted. Highest count was made by Mrs. Gladys S. Seaman with 186 and Mrs. Lena H. Hewitt with 163, both in Salem city.

GUESTS IN CORVALLIS AURORA, April 17—Mrs. U. Eller and son Melvin with Miss Myrtle Aden of Wilsonville drove to Corvallis for the track meet.

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NICE CENSUS ISSUE IS FINALLY SOLVED

When one lives in three places, where does one live? That is the question which one person raised when the census enumerator called to take her count. The person in question works at one of the state institutions here; her home is in McMinnville, and she has rooms in Salem.

NICE CENSUS ISSUE IS FINALLY SOLVED

She sleeps sometimes in her quarters for employees of the state institution; sometimes she sleeps in her room in Salem. But where should she be enumerated, at the institution or in Salem? asked the census taker of the district supervisor.

Wherever she sleeps most, ruled the supervisor. She sleeps most in Salem, so her name has gone on the Salem schedule.

What do you think is needed in this recipe for Hot Chocolate?

Put 2 squares chocolate and a pinch of salt in a saucepan with 1 cup cold water. Boil one minute, stirring the chocolate until it melts. Now add 3 cups milk and heat without boiling. Beat with egg-beater and serve at once.

ANYBODY who makes hot chocolate frequently knows that sugar is needed in this recipe. Two to four tablespoonfuls according to taste. It is sugar that makes this popular beverage enjoyable.

The taste-appeal of many other foods can be improved by the use of sugar. Sugar on fruits and cereals makes them more inviting and appetizing. A dash of sugar to a pinch of salt in cooking vegetables improves their flavor so that you

eat them with relish. Try a dash of sugar in French dressing.

Doctors and dietitians approve this use of sugar as a flavor even in the preparation of children's meals. There is no reason for essential foods with their vitamins, mineral salts and roughage coming to the table tasteless or flat. And remember that wholesome desserts—puddings, custards, cakes and ice cream have their place in the normal diet. The Sugar Institute.

"Most foods are more delicious and nourishing with Sugar"

SEA CAPTAIN TELLS HOW HE PREVENTED BALDNESS

Hair Was Thin on Top and Full of Dandruff. Had Become Very Gray at Temples, Too

A SIMPLE HOME TONIC ON SCALP WORKED LIKE MAGIC

Captain Hunt Looks at Least 15 Years Younger, His Friends Say

"I've got a thick, good looking young appearing head of hair, in spite of my years, thanks to this marvelous Tonic called Lea's. I declared Captain Willard E. Hunt, well known Sea Captain of Newburyport, Mass.

"These old sea dogs around my home port marvel at my youthful appearance and a lot of the old gray-heads are wisely taking my advice and using Lea's Hair Tonic nowadays. My hair was thin and bald—I was getting bald—hair came out in handfuls, but no more. My scalp used to be covered with dandruff, but that's gone, too, and the gray hairs I had have all turned back to youthful color; it's no wonder folks say I'm looking at-

teen years younger; it's a fact," continued Captain Hunt.

Thousands of prematurely gray or bald people have regained a luxuriant, youthful head of handsome hair by using Lea's Hair Tonic which druggists are introducing now. All one need do is rub a little into the scalp with finger tips now and then—experts cannot detect and change is so gradual closest friends pay no attention. Every bottle of this colorless, harmless tonic is backed up by the nationally known Lea Tonic Co. If sleeplessness, headache, dizziness, or any other ailment apply to spot size of dollar few days and watch results. Druggists sell on money back guarantee or send dollar bill pinned to this ad to Lea Tonic Co., Brentwood, Md., for regular bottle, full directions, postage paid to your door. Gray hair returns to same color as the rest and hair becomes thick and beautiful. All signs of dandruff disappear.

—Adv.

LADIES --

You Are Invited TO ATTEND THE FREE Cooking Classes FRIDAY AND SATURDAY April 18th and 19th

ATTENDANCE PRIZES CLASSES START 2 P. M. DOOR PRIZES FEATURING BOTH GAS AND ELECTRIC RANGES.



A Hawkeye Timer will be given with each Estate Range purchased for limited time. Liberal allowance for your old range. **PAY ONLY \$5 DOWN**

Time—April 18 and 19. Place—Eoff Electric sales-rooms, 347 Court. Instructor—Mrs. Harriett Langworthy of the Estate Stove Co. Free to the Public—All ladies of Marion county cordially invited to attend.

MRS. LANGWORTHY, Demonstrator; MR. OSBORN, Estate Stove Company, and others will be present each day.

Mrs. Langworthy of the ESTATE Stove Company

has demonstrated to hundreds of American women improved and modern "short-cuts" of the kitchen—bringing additional hours free for other purposes.

Do not fail to attend these interesting lectures each day, 2:4 p. m.



DEMONSTRATIONS 347 Court Street

Eoff Electric Co.

347 Court Street Phone 488